

# SUMMER 2018

## SOCCER TRAINING

COLLEGIATE / HS GROUP (2022-21-20-19)

June 12th—July 26th

MIDDLE SCHOOL GROUP (2023-24-25)

June 12th—July 24th

“AOE was designed with the intent of not only augmenting the players technical skills while away from team training, but also to help mold the athletes mentality towards maintaining their physical strength. . I am excited to have AOE providing this training group, they bring the needed expertise for improving the athlete. . . “

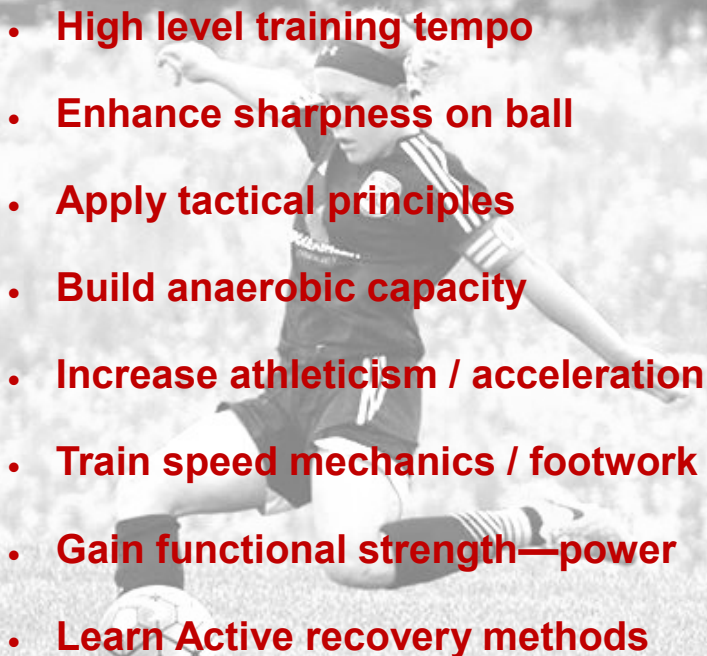
Profe **Desmond Armstrong**  
- former Olympic, World Cup Member

AOE Summer training is geared specifically toward preparing for the fall season. An invitation based program ensures that you are surrounded by like-minded players, representing quality skill development with exceptional tempo of training.

Fueled by high level coaching and athlete intensity, AOE training environment is second to none.

# AOE

 Athletes of Excellence

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- High level training tempo
  - Enhance sharpness on ball
  - Apply tactical principles
  - Build anaerobic capacity
  - Increase athleticism / acceleration
  - Train speed mechanics / footwork
  - Gain functional strength—power
  - Learn Active recovery methods



### COLLEGIATE / HS TRAINING (7wks)

TUE: 8:30-10:30AM

Rocky River HS

WED: 6:30-8:30PM

Rocky River HS

THUR: 8:30-10:30 AM

FORCE Rocky River

FEE: \$285.00 / \$70.00wk

### MIDDLE SCHOOL TRAINING (7wks)

TUE: 8:30-10:30AM

Rocky River HS

FEE: \$205.00

TRAINING SHIRT: \$20.00 (required)

## REQUEST AN INVITE.

Send to:

Kris Lewandoski, Director of AOE

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[WWW.TRAINATFORCE.COM](http://WWW.TRAINATFORCE.COM)